

CONGREGATE MEALS & HOME-DELIVERED MEALS

PROGRAM DEFINITION

CONGREGATE MEALS are designed to maintain or improve the physical and social well-being of mobile older adults through appropriate nutrition services in a group setting.

HOME-DELIVERED MEALS are provided to maintain or improve the physical well-being of homebound older adults through improved nutrition.

TELEPHONE REASSURANCE calls are provided to home-delivered meal recipients or persons on a waiting list that receive frozen meals.

CONGREGATE MEALS

- ✓ Congregate meals are served 5 to 7 days a week in senior centers & other convenient location accessible to seniors
- ✓ Mobile seniors are encouraged to attend the same nutrition site on a daily basis
- ✓ Monthly calendars of daily menu selections are provided to seniors
- ✓ All meals prepared meet USDA dietary guidelines
- ✓ Ethnic meals (Cambodian, Chinese, Mexican) are available at some sites

HOME-DELIVERED MEALS

- ✓ Homebound seniors are provided 5 to 7 nutritionally balanced, hot or frozen meals delivered to their homes
- ✓ Storing and heating instructions are provided for every meal delivered

COST OF MEALS TO SENIORS

The congregate meal and home-delivered meal programs do not require seniors to pay for meals, however, donations ranging between \$1.50 to \$2.50 per meal are appreciated

Additional funds include client donations and agency contributions

PROVIDERS

- ✓ There are currently more than 100 congregate meal sites throughout Los Angeles County
- ✓ There are 22 contracted service providers, the majority operating both congregate meal sites and home-delivered meals

BENEFITS

- ✓ In FY 2004-05, 862,322 meals were delivered to 6,274 homebound seniors and 1,389,209 congregate meals were served to 16,343 older adults throughout the County
- ✓ Home-delivered meals helps seniors stay in their homes instead of going to institutions
- ✓ Congregate meal sites & in home-delivered meal routes are given initial nutrition screenings. Those at nutritional risk are visited by registered dietitians from the ENHANCE program

CUSTOMER SATISFACTION

All congregate and home-delivered meals conduct on-going customer satisfaction surveys. Surveys result in menu changes and improvements in these services to older adults

FUNDING

Older Americans Act Title IIIC1 & C2

FOR FURTHER INFORMATION

Questions may be directed to:
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